

WHAT IS CLAIMED IS:

1. A method of treating an individual having irritable bowel syndrome or a related disorder, comprising the step of:

5 administering to said individual a pharmacologically effective dose of a luminally active anti-inflammatory or immunosuppressive compound with minimal or no systemic side effects.

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2. The method of claim 1, wherein said luminally active anti-inflammatory compound is a steroid.

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3. The method of claim 2, wherein said steroid is beclomethasone.

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4. The method of claim 3, wherein said beclomethasone is beclomethasone dipropionate.

5. The method of claim 4, wherein said beclomethasone dipropionate is orBec™.

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6. The method of claim 4, wherein said orBec™ Is administered in a dose of from about 0.1 mg/kg to about 20 mg/kg.

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7. The method of claim 1, wherein said anti-inflammatory compound is budesonide, clobetasol, halbetasol, fluocinonide, halcinonide, betamethasone, mometisone, alclometasone, triamcinolone or fluocinolone.

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8. The method of claim 1, wherein said immunosuppressive compound is selected from the group consisting of methotrexate, azothiorpine, 6 mercaptopurine, cyclosporine and
20 FK506.

9. The method of claim 1, wherein said a related disorder is non-ulcer dyspepsia or noncardiac chest pain.

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10. A method of inhibiting the onset of symptoms of irritable bowel syndrome or a related disorder in an individual in need of such treatment, comprising the step of:

administering to the individual a prophylactically effective dose of a lumenally active anti-inflammatory or immunosuppressive compound with minimal or no systemic side effects.

15 11. The method of claim 10, wherein said lumenally active anti-inflammatory compound is a steroid.

12. The method of claim 11, wherein said steroid is beclomethasone.

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13. The method of claim 12, wherein said beclomethasone is beclomethasone dipropionate.

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14. The method of claim 13, wherein said beclomethasone dipropionate is orBec™.

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15. The method of claim 14, wherein said orBec™ Is administered in a dose of from about 0.1 mg/kg to about 20 mg/kg.

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16. The method of claim 10, wherein said luminally active anti-inflammatory compound is budesonide.

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17. The method of claim 10, wherein said immunosuppressive compound is methotrexate, azothioprine, 6 mercaptopurine, cyclosporine and FK506.

18. The method of claim 1, wherein said a related disorder is non-ulcer dyspepsia or noncardiac chest pain.